

“My children, listen when your father corrects you. Pay attention and learn good judgment,”  
Proverbs 4:1 NLT

## [lectio] // PROVERBS 4:1-9

listen to the text by reading out loud slowly and repeat up to 3x if desired

## [meditatio]

reflect on – what word, words, phrase, or sentence speaks to you from the text, then write them down

I am keenly aware that my situation is totally and completely a correction/discipline! I do not pretend that it's someone else's fault or responsibility. I may be the only one to believe this, but I OWN it. Read these strong words, “Get wisdom; develop good judgment. Don't forget my words or turn away from them. Getting wisdom is the wisest thing you can do! And whatever else you do, develop good judgment.” Proverbs 4:5, 7 NLT

I submit! What am I submitting too God? What should I do?

## [oratio]

pray as responding to the words, phrase, sentence that God has stirred within you

Dad,

This pinpoints my most vulnerable area! I know I'm wrong and I know I've made stupid decisions. However, I don't know exactly what they were, how I did them AND now, I have no idea what to do next. Should I just say a blanket, “I'm wrong and I've sinned,” without knowing what it is I've done? I already feel the effects of shame, embarrassment, failure and worthlessness! Why can't I pinpoint my sin! I am literally paying for it in misery!!! Plus, I have no idea how to move forward and past these two years. TWO YEARS. I've watched my “career” burn to the ground and I feel isolated and purposeless.

## [contemplatio]

rest in the presence of God, allowing the words revealed to take root